



Be mission-ready. We'll help with the how.

Military OneSource has tools and trained consultants to help you plan, prepare and thrive - before, during and after deployment.

Call or contact us anytime. Connect with the information and confidential assistance you need 24/7. For service members and military families.

800-342-9647

**MILITARY
ONE SOURCE** **DEPLOYMENT
STRONG**

**Be Deployment Strong.
Contact Military OneSource
or your Military and
Family Support Center.**



Military OneSource is your 24/7 connection to information answers and support - your one source for your best MilLife.

800-342-9647 | www.MilitaryOneSource.mil



U.S. Department of Defense

**MILITARY
ONE SOURCE**

Deployment Strong



**From heading out
to homecoming
and beyond,
we're here to help.**

Deployment Strong

Count on Military OneSource and your installation Military and Family Support Center to connect you to personal assistance and tools you can use to master deployment from predeployment to reunion & reintegration – and beyond. All services are available to service members and military families.

The Plan My Deployment Tool

Learn how to stay deployment strong with the Plan My Deployment tool. Go to <https://PlanMyDeployment.MilitaryOneSource.mil> to discover:

- Printable tasks and considerations checklists
- Important documents and forms
- Financial and legal guidance
- Tips for supporting children and youth and staying connected



Ways to Help Families Be "Homefront Strong"

Military spouses can call on us at any time – for themselves and family members – to help stay strong through deployment. Here are just a few of the ways Military OneSource and your local Military and Family Support Center can help.

For Spouses and MilFamilies:

- Parenting resources for supporting children of all ages during deployment
- School liaisons for education assistance
- 24/7 access to resources for families with special needs from the EFMP & Me online tool
- Spouse employment and career opportunities including job fairs, career coaching, employment partnerships and more - visit <https://MySECO.MilitaryOneSource.mil>
- Online, expert 24/7 tutoring in more than 20 subjects from Tutor.com
- Education and wellness resources for children of all ages, from Sesame Street, Military Kids Connect and more

Be Deployment Strong with Confidential Counseling

Contact us any time to arrange free counseling through Military OneSource. Sessions can help you with MilLife challenges such as stress, relationships, parenting and separation.

Counseling Sessions Are:

- Available via telephone, secure online chat, video or face-to-face
- Non-medical and confidential
- For individuals, couples, families and children
- Offered through Military OneSource and the Military and Family Life Counseling Program at installations worldwide

**Call Military OneSource
800-342-9647**

Support is standing by 24/7.
Talk to us about what you need.
We'll help with the how.

www.MilitaryOneSource.mil